Field Dressing, Skinning, Butchering and Cooking Deer

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Professional Deer Dresser and Food Expert

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The Complete Deer Hunt
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44 Hillside Avenue, Manhasset, N.Y. 11030

FIELD-DRESSING YOUR DEER

A few seasons ago I heard a shot on a ridge and walked up to find a hunter standing over a fine, fat, young buck. We stood there admiring the animal as the hunter told with dramatic detail, how he had downed this, his first deer. Then he stopped short, looked at me and said, "What the devil do I do with it, now that I've got it?" That question comes to many hunters each year after they had fired the fatal shot.

Field-dressing is the most important and delicate part of your trip. Many hunters have done it but very few of them know all the aspects of it. The flavor of the meat in most cases depends upon the manner in which your deer is field-dressed. Now that your deer is down, take off your bright-colored jacket, if you're wearing one, and drape it over the side of your deer (for safety reasons). Roll up your sleeves and put on a pair of plastic disposable gloves. This protects you from ticks and infection and is more sanitary. A plastic

bag, the clear polyethylene kind, can be used for the heart, liver and kidneys of your deer. And now—to field-dressing.

A deer should be "dressed out" in the exact spot in which he was downed. Do not drag him as this causes hemorrhaging. Run your fingers down the breast bone of the deer until you reach the first part of the soft upper belly. At this point just below the breast bone, insert the point of your knife. Penetrate the skin completely, about 1/4 inch or so, but not so deeply as to cut the intestines. Make a small cut approximately 1/2 inch extension and STEP BACK. Most of the time gas will escape from the deer with a hissing type sound. This gas sometimes has a foul odor. Wait a few minutes before re-inserting your knife, to extend the incision for the whole length of the belly wall down to the pelvis. If the belly wall is pulled toward you and the sharp edge of the knife is faced away from the intestines, there will be little chance of cutting these intestines. Be careful of your own fingers! The intestines will be exposed and will fall out of the belly. Put your hand into the cavity and over the liver. Pull down on the liver which lies mostly on the right side of the deer. This will expose the diaphragm, a smooth muscle that separates the chest cavity from the abdominal cavity. Cut the diaphragm, where it is attached to the rib margins in a circular manner. Now you place your hand into the chest cavity and over the heart. Pull down firmly on the heart. Now with your knife in your right hand go as high as possible into the chest cavity up to the neck region. Cut across the windpipe (trachea) and the feeding tube (esophagus) which lies behind the windpipe. Gradually cut all the attachments of the heart and pull out the chest contents. Now detach the heart and liver and put in polyethylene bag. The attachments of the intestines to the back wall of the deer are either pulled loose or cut. The kidneys (bean shaped) will be easily seen and removed. They too are now put in the plastic bag. Do not cut the neck to bleed the deer, as all the blood will later be drained out when the deer is hung. The intestines will still be attached to the body by the rectal tube. It is very important that this tube should be completely and cleanly removed. Below the base of the

First step in field dressing.

tail the opening (vent) of the rectal tube will be seen. This should be widely encircled (3 inch diameter) with the knife deeply inserted to a depth of at least 5 inches. Encircle at least two or three times. At this point, insert your hand inside the deer and pull firmly on the rectal tube. It may be loose, but if it remains attached, cut around the tube from the inside to release it completely. (As you can see, the new opening that has been made is at least three inches in diameter and serves as a "drain" for the blood when the deer is hung head high).

At this point, tilt the deer while standing behind it, in order to drain out of the cavity as much blood as possible. This should be done quickly because blood congeals rapidly. Your deer is now properly field-dressed. Now take off and discard your disposable gloves. Place bag(with liver, kidneys and heart) into pocket of jacket. You are now ready to return to camp.

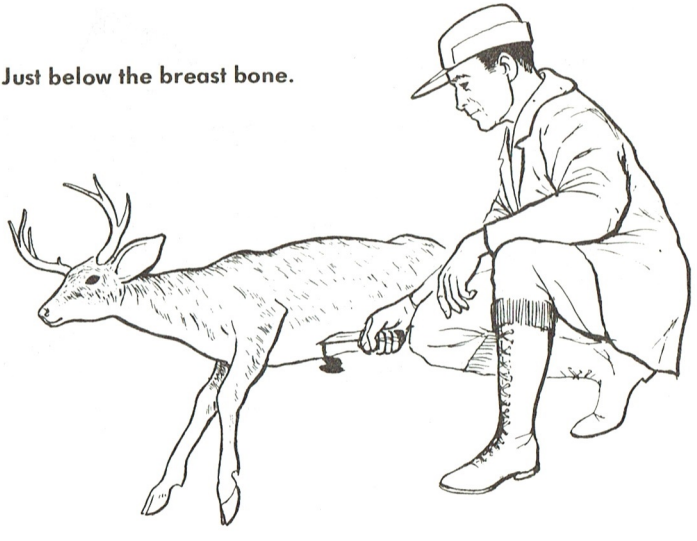
SCENT OR MUSK GLANDS

It has been brought to my attention, on thousands of occasions, that scent or musk glands are located in the hind legs. There are glands in the hind legs of the deer. Some hunters and experts have stated that the scent or musk glands must be removed from the hind legs. It is so stated in many books. Thousands of hunters have asked me about them and how to remove them.

I firmly believe that the "experts" tend to be wrong in this matter. I was considered a food expert in the Army and as one who spent many months in the slaughter houses of Chicago, I observed the processing of thousands of animals. If there were scent glands, they would have to be removed from pigs, lambs, calves and steer. Many times I have personally removed these "glands" and found no difference in the taste of the meat. The United States Government spends millions of dollars on research in order that the food on your table may be of the highest quality. At no time has there been any specific advice given that these glands be removed. Until the United States Government or some scientist presents specific evidence to the contrary, I will continue to leave the "scent glands" in the legs.

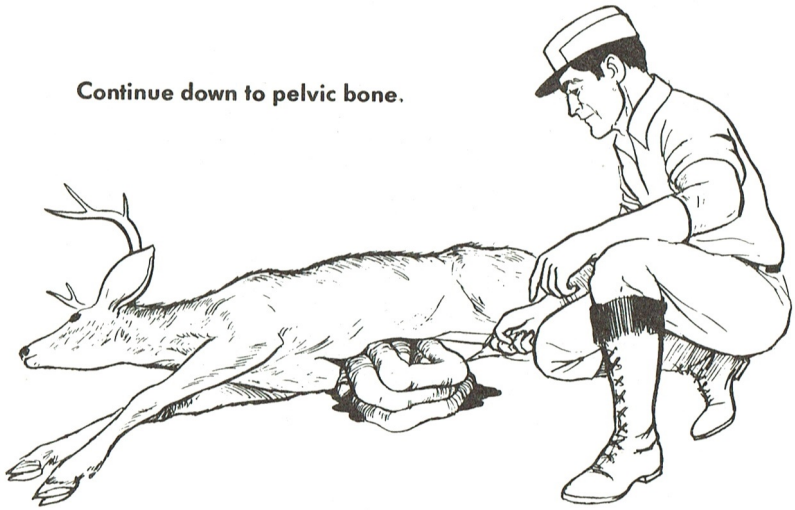
The illustrations on the following pages are in sequence throughout the entire field-dressing procedure. You will find it quite simple if you follow these instructions.

Just below the breast bone.

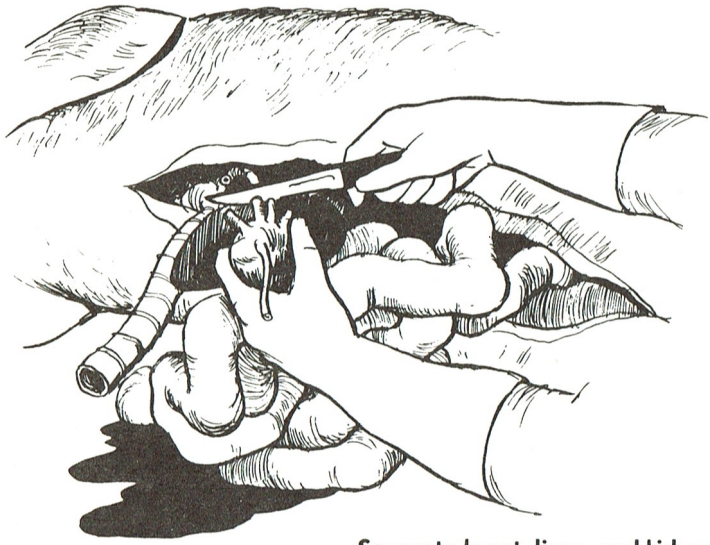


Stand back and wait a few minutes while gas escapes.

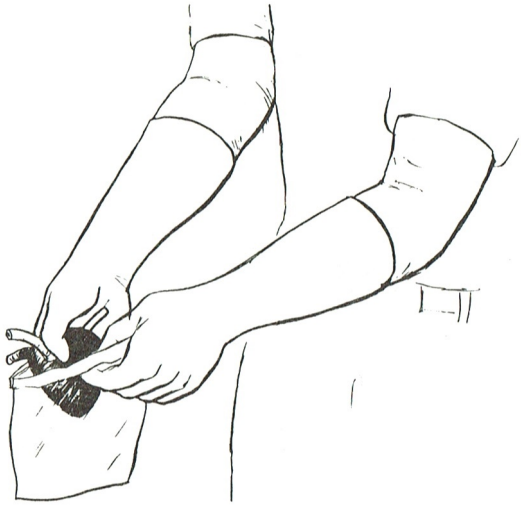
Continue down to pelvic bone.



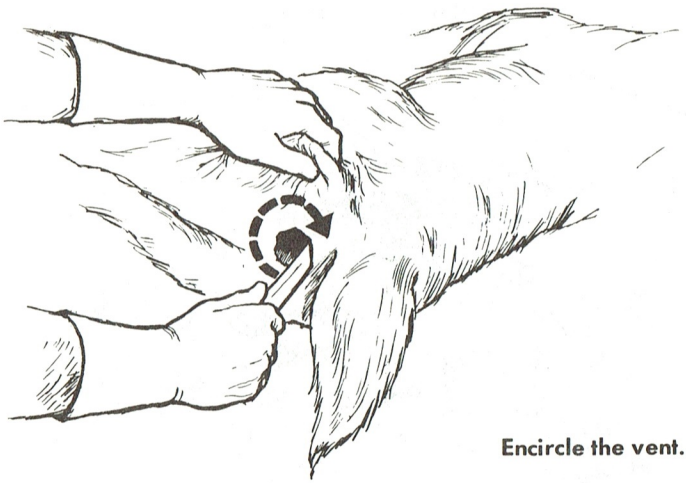
Cut around diaphragm.



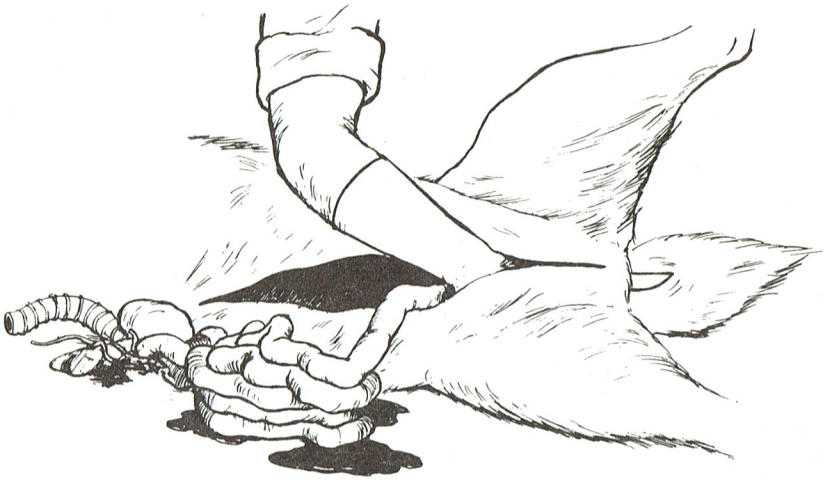
Separate heart, liver, and kidneys.



Insert heart, liver and kidneys in plastic bag.

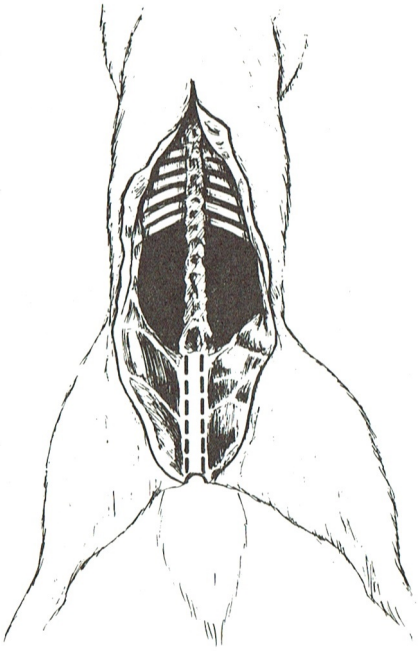


Encircle the vent.



Encircle the vent from inside, remove the tube.

Vent tube is removed from this area.



Drain out all blood.

Insert package—ready to go.

THE RETURN TO CAMP

The deer has been field-dressed; your hunting companions have been summoned and now the problem of dragging the deer to camp, arises. The shortest way may not be the easiest way. An orange or red cover cloth, if you have one, is placed over the deer and fastened to hoofs and antlers. This is a safety measure. A dead buck should be dragged by the antlers and a doe by the rear legs. A large deer will almost always take at least two men to drag it, without too much strain on either. Drag your deer about fifty feet at a time. If it is a trophy buck, try not to abuse the head and neck as they are required in mounting. Avoid rocks, projecting roots and stumps and avoid areas where there may be abrupt step-like drops in the terrain. Do not try to be heroic, learn to pace yourself.

If the country is particularly mountainous or the ground rough and rocky, or if it is desirous that no damage occur to the deerskin then the pole-carry is used. Find a sturdy branch six to eight feet long. Tie the front legs together and

tie the rear legs together. Run the pole between the legs and tie the legs and the head to the pole. This latter step prevents the head from swaying side to side. The pole is placed on the shoulders and the trip to camp begins. Go slowly for it is quite a strenuous task. In some areas you can get a jeep, a tractor or even a horse to help with the task.

On returning to camp, hang your deer with its head end high and the rear legs at least three to four feet off the ground. Scavengers, dogs, and varmints will be less likely to eat the meat from the legs when they are at this height. It is best to hang the deer near your tent or house so it can be kept in view. Occasionally these deer are stolen after they have been field-dressed and hung. They make a good prize after most of the work has been done.

After three or four hours of hanging the blood will stop draining. Take your knife and cut away about three inches of the flank on both sides. The "flank" begins at the margin of the rib cage and continues down to the pelvis bone. The final opening will be approximately seven to nine inches in width by thirty six inches in length. This opening is essential for air circulation.

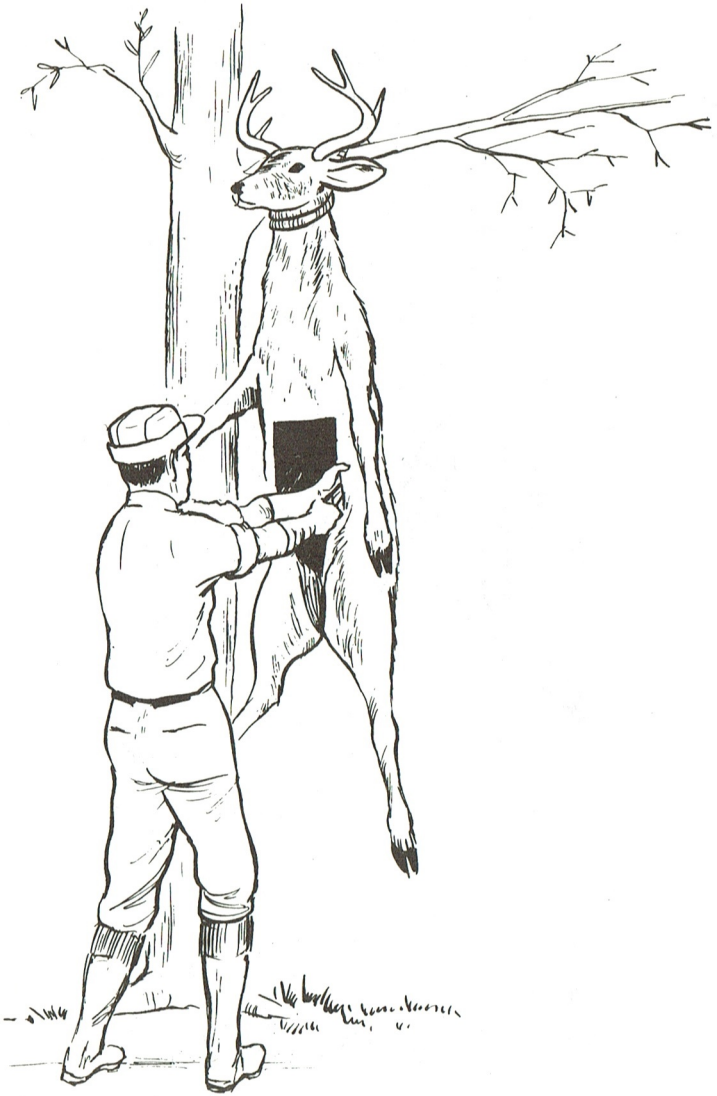
The flank is worthless, so you are not losing any meat. Take a handful of salt and throw it into one half pail of water. Use this salt solution to wash out the cavity. Wash out all the old blood so these areas inside the deer are "whistle clean." After this, the cavity is dried with a clean cloth. Within an hour, the ribs inside the "cage" will be shiny.

Never hang your deer in the sun. The coolest place should be used. If the temperature rises over forty five degrees put the deer in the coldest part of your camp or house (cellar or shed). Warm temperatures can ruin your deer quickly. If the temperature is fifty five or sixty degrees one is better off breaking camp and going home early. Don't skin the deer at any time unless you plan to cut it up and freeze it at once. The deer is now ready to transport home!

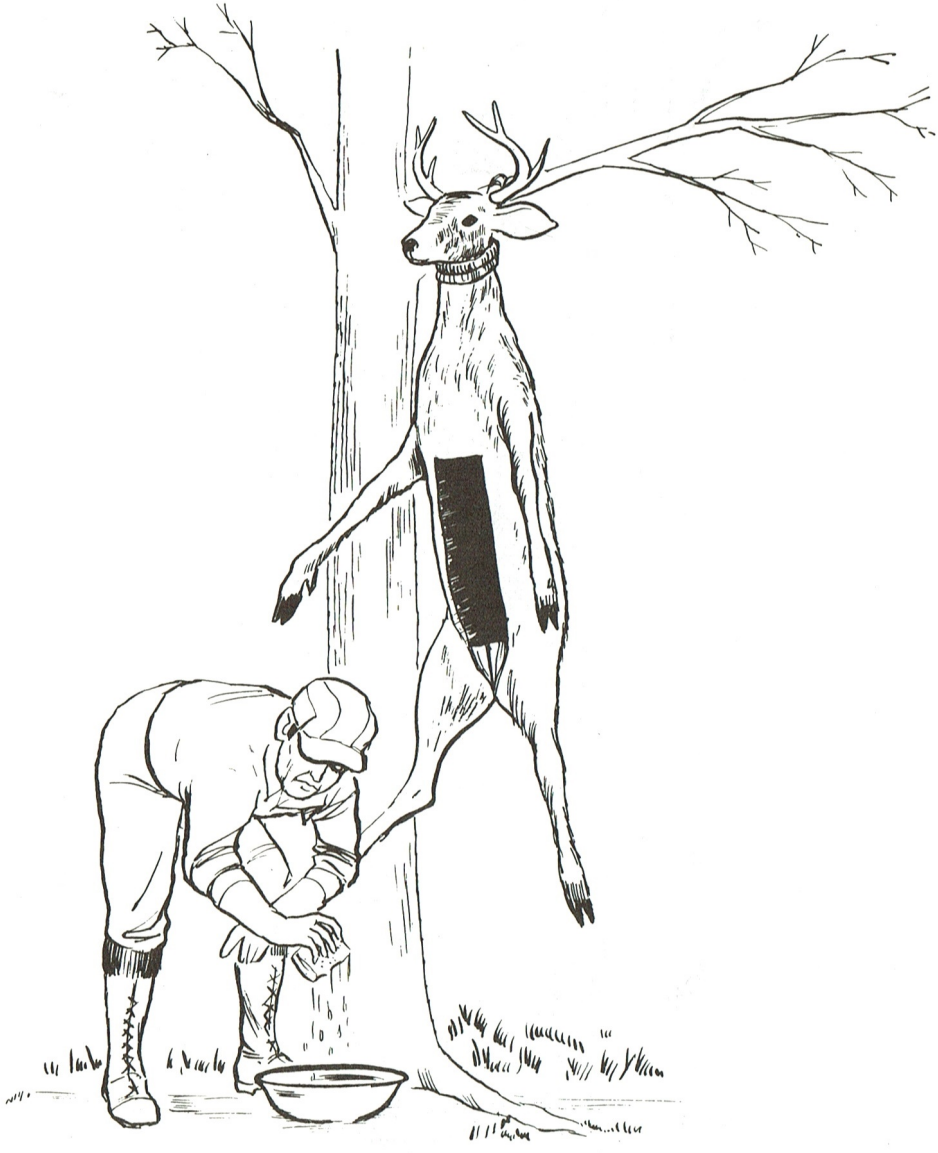
Arriving at camp.

Hang him head high.

Hang him the right height.

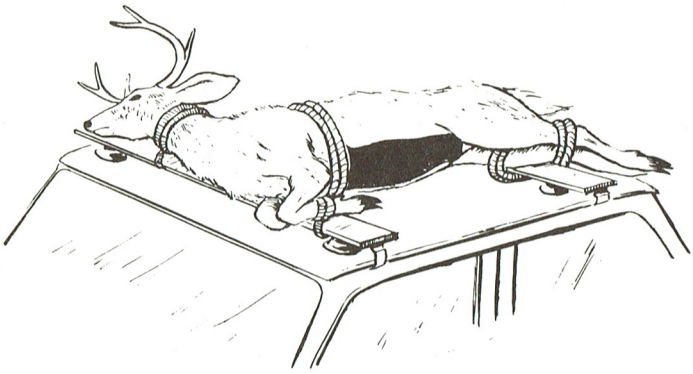


Cut away the flanks.



Wash the cavity out thoroughly.

Dry the cavity.



TRANSPORTING THE DEER

Prior to the trip, it is a wise investment to buy a sturdy roof rack. The deer should be kept cool at all times—from the moment it is shot till it is prepared for the freezer. With the aid of two or three of your buddies, the deer is raised to its position on the rack. The deer is lashed firmly to it. If the deer is exceptionally large or if there are two or three deer, it is somewhat safer to run the cord around the roof completely, (with the cord actually going inside the car). If there are two or more deer, the antlers of each may be tied together and the deer fastened individually to the rack as well as bound to each other. The circulation of air is good on the roof. Only as a second choice, would the trunk of the car be used.

On the way home, check the deer every twenty miles to be sure they are not shifting positions. If it is necessary to stop at a diner on the way home, park the car in a cool place and keep the deer in view. At times the deer is stolen while the hunters are boasting of their prowess. If necessary, one hunter may even have to stand guard over the deer, till the others have returned to the car.

If, on returning home, the outside temperature is forty to forty five degrees, hang the deer head high from a branch of a tree. If the temperature is higher than this, a cellar floor that is cold or a cold garage floor may be used. If the temperature rises above fifty degrees, skin the deer and prepare it for the freezer.

SKINNING YOUR DEER

Tools necessary for this procedure are a boning knife and meat saw (or hack saw).

Prior to butchering, and cutting the venison into steaks, chops and roasts, the skin must be removed.

Step 1. Deer is on the floor. Saw off hind legs one inch below the kneecap.

Step 2. Saw off the front legs two inches above the knees, through both meat and bone.

Step 3. Using the boning knife make a hole between the bone and the tendon where it is fixed onto the bone in the back portion of both knees. This is used for hanging the deer.

Step 4. Hang your deer—hind leg upward with the hook in the hole in the right leg. This leaves the left leg hanging free. This procedure can be done in backyard or garage etc.

Step 5. Make a slight cut through the skin—six inches below the pelvis. Extend the cut to the bottom of the large tendon called the hock (as illustrated in sketch). Do not let your knife cut into the meat. The skin will now separate from the venison. With repeated small cuts made in downward direction, release the skin from its attachments to the venison. A knife has to be used while skin is being put on the stretch.

Step 6. Finish the right leg and continue freeing the skin down to right shoulder as illustrated.

Step 7. Now hang deer on left leg and repeat process (#6) down to left shoulder.

Step 8. Now that the skin is off halfway—use a second hook and hang right leg as well. Grab skin firmly with both hands (as illustrated) and pull down as far as you can, using the point of the knife whenever necessary.

Step 9. Skin is now approximately three quarters way off the deer. Step toward open side of deer. With your knife, cut into the skin which is in the upper forward part of the right shoulder down to where the leg has been cut off. Loosen the skin over this leg, by pulling on the skin and cutting with the knife (as it was done on the hind legs).

Step 10. Cut the skin from the center of breast-bone straight down to the level of shoulders (approximately fifteen inches). NEVER cut below the shoulder level, as this will prevent a perfect mounting of your specimen.

Step 11. Once again using knife and pulling type motion loosen skin that still is fastened to the deer. This would resemble the rolling down of a stocking.

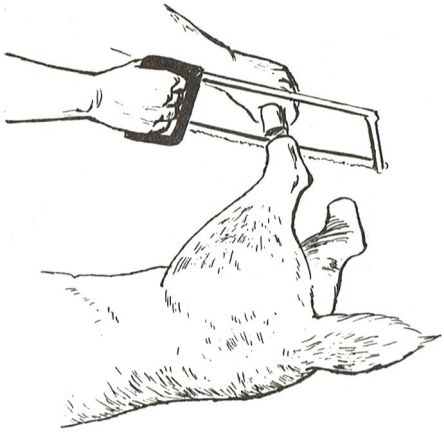
Step 12. Repeat this as far down the neck as possible but do not release skin close to the head area.

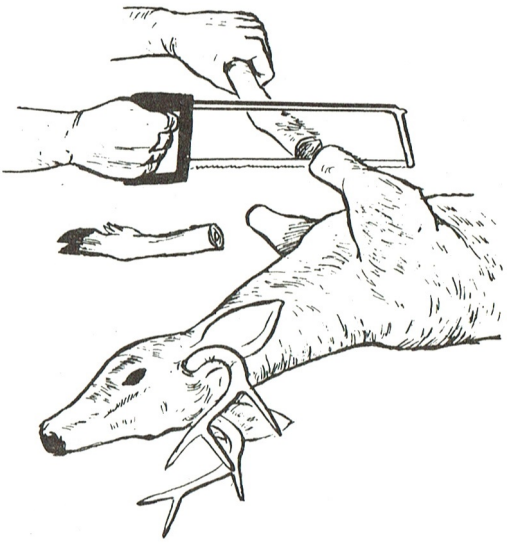
Step 13. Take knife and make a cut through the meat in the neck approximately one inch from the line where the skin is still attached to the deer. This cut is made as deeply as possible all around the neck. (As illustrated)

Step 14. Place saw blade in this deep incision. Saw through the bony areas underneath. This will release the head and neck completely.

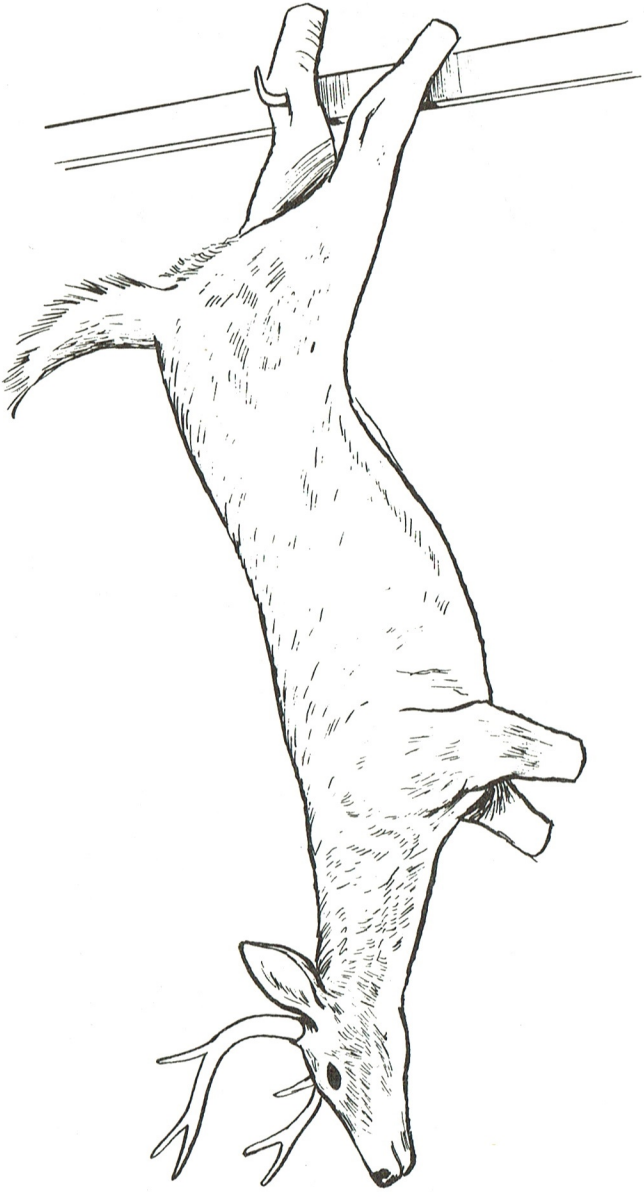
Step 15. Deer is now completely skinned.

The illustrations on the following pages are in sequence throughout the entire procedure of skinning your deer.

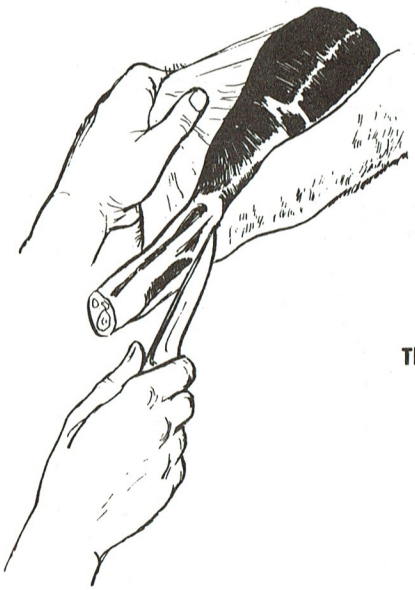




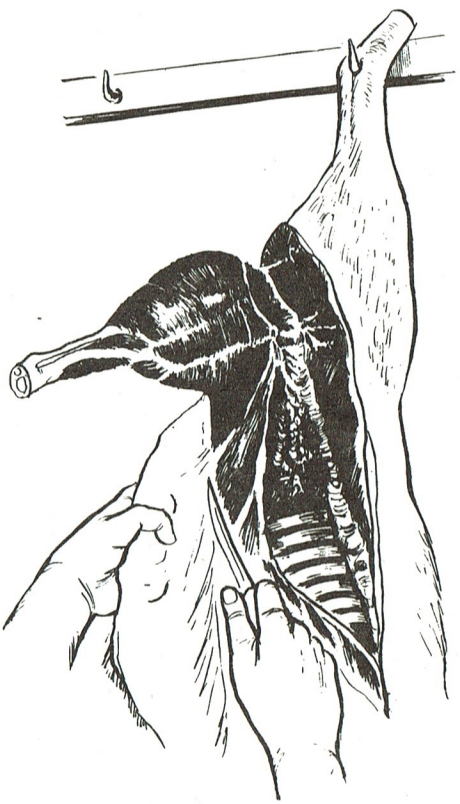
Removing the legs.



Hang it right and make it easy.



The first cut.



Removing skin from side.

Pulling down the skin.

Removing head and cape.

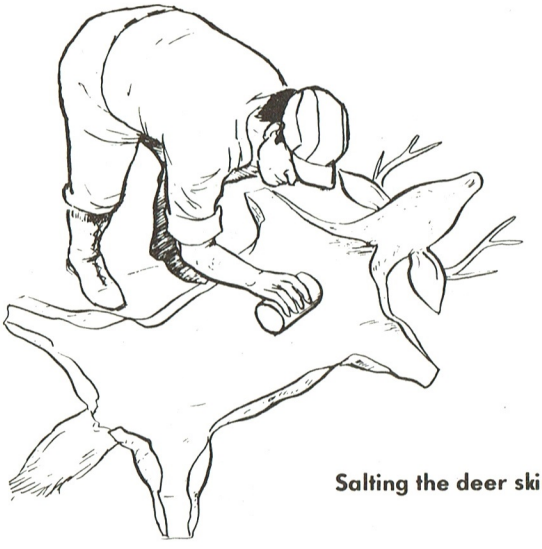
CARE OF THE TROPHY

A—IN THE FIELD

From the moment the deer is killed, the head and neck region should receive special care. If a second finishing shot happens to be necessary, it should be placed in the back of the neck. If damage to the head may occur during the return to camp, it is safer to pole-carry this deer, even if it takes two to three hours longer. Temperature changes will effect the head and neck as well as the rest of the deer—so proper attention should be paid to this problem. The sooner the trophy (the head and neck) is in the hands of the taxidermist, the more hopeful you may be that you will get an excellent trophy. It will be one that will make you proud; and in future years as you look at it, it will bring back pleasant memories.

As for the other parts of the deer. The head makes a fine trophy on any wall. The hide can be tanned with the hair on, for a rug in the den; or it may be tanned with the hair off for jackets, gloves and moccasins. From the legs and feet such useful items as lamps, thermometers, ink wells, gun racks, and foot stools can be made. The body hair is often used for making flies and hair bugs for bass fishing. The tail can be used for streamers or large bucktail jigs for deep sea fishing.

A pocketbook, made from the hide of a deer that you shot makes a wonderful gift for wife or girl friend. You may find that when your wife starts talking to her friends about your hunting ability a chain reaction may start. Their husbands may get the message and take up hunting too!



Salting the deer skin.

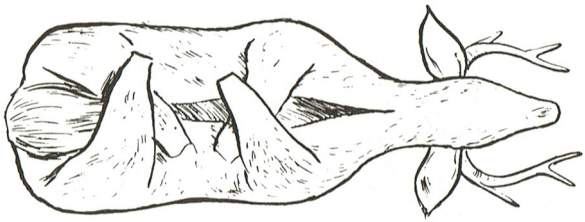
B—AT HOME

Step 1. Now that the skin of the deer and the head are completely released, place on floor as illustrated. Over the inner aspect of skin, distribute uniformly one pound of salt. Use no water. With a circular type of motion use the palm of your hand to work the salt into the skin. Cover all areas including the neck region.

Step 2. While skin is still on floor—fold legs inward in overlapping fashion. (As illustrated)

Step 3. Roll up deerskin. (As illustrated)

Step 4. Deer head and skin are placed in carton for they are now ready for the taxidermist. Arrangements with the taxidermist should be made as soon as you come home. Costs vary but is better to check with a few taxidermists prior to a final commitment. Most are honest and helpful but there are exceptions. Your deerskin must be kept under forty five degrees while at home. If temperature rises, bring to taxidermist immediately. A delay could mean the spoiling or loss of your trophy. Four to eight months are generally needed before your trophy is returned. This is the normal period of time but the trophy is well worth waiting for and you will have it in your den for years to come.



Ready for the taxidermist.

Splitting the deer.

BUTCHERING— CUTS OF MEAT AND LABELING

The skin is completely removed now. You can see where your deer was shot and where the hemorrhage (bleeding) is present in the meat. It is impossible for me to determine how each deer will now be handled for each deer will be a separate problem. The amount of injury and damage and the course of the bullet (s) or arrow will determine the initial steps. Damaged meat, i.e. with old blood on it or with "sliminess" to touch, should be thrown away.

In the following steps, we are dealing *theoretically* with a deer that has suffered no damage.

Step 1. With the deer in the hanging position—i.e. just after removal of the skin, cut the deer in half by sawing completely the length of the backbone (as illustrated). The deer is now in two separate sections (as illustrated).

Step 2. Pull the front leg as shown and using a steak knife, remove the shoulder by cutting through the meat on the line where it joins the shoulder base (as illustrated on complete side chart).

Step. 3. The shoulder is cut into three pieces;

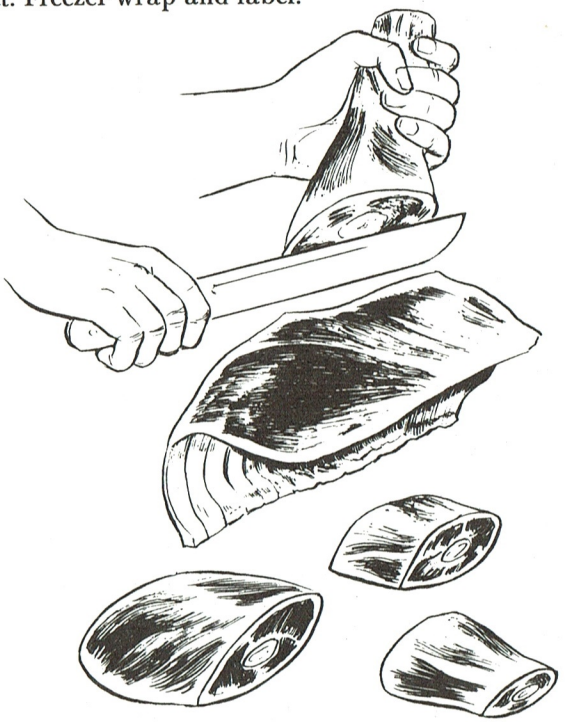
1. Upper shoulder
2. Lower shoulder
3. Shank

These pieces should be freezer wrapped and labeled as above. Shoulder cuts may be used as chopped meat or for soups, stews and pot roasts.

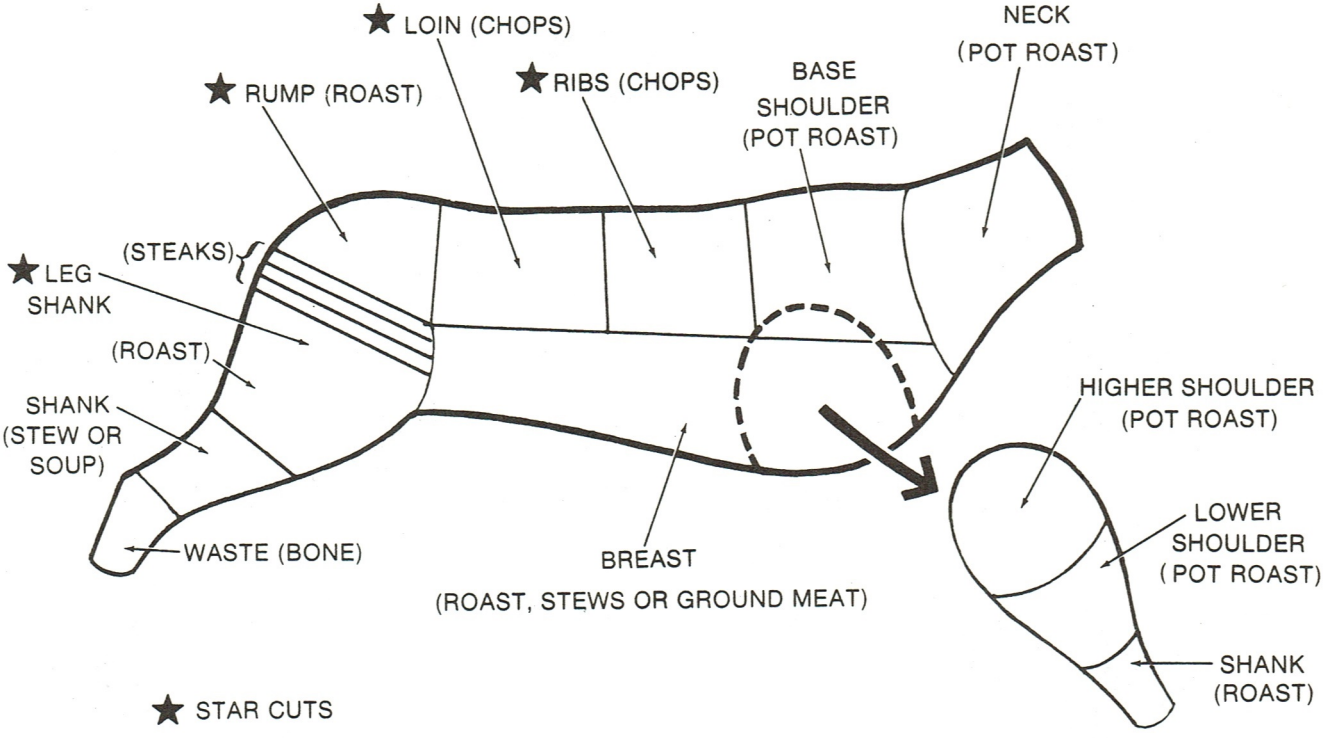
Step 4. Cut off the hind leg at the loin (as illustrated on complete side chart).

Step 5. The leg is divided into rump roast, leg steaks or cutlets and shank leg roast and a shank. Freezer wrap and label as such. The roasts may be used as pot roast, roast venison or chopped meat. The shank is used for stew or soup. (See illustrated chart of hind leg).

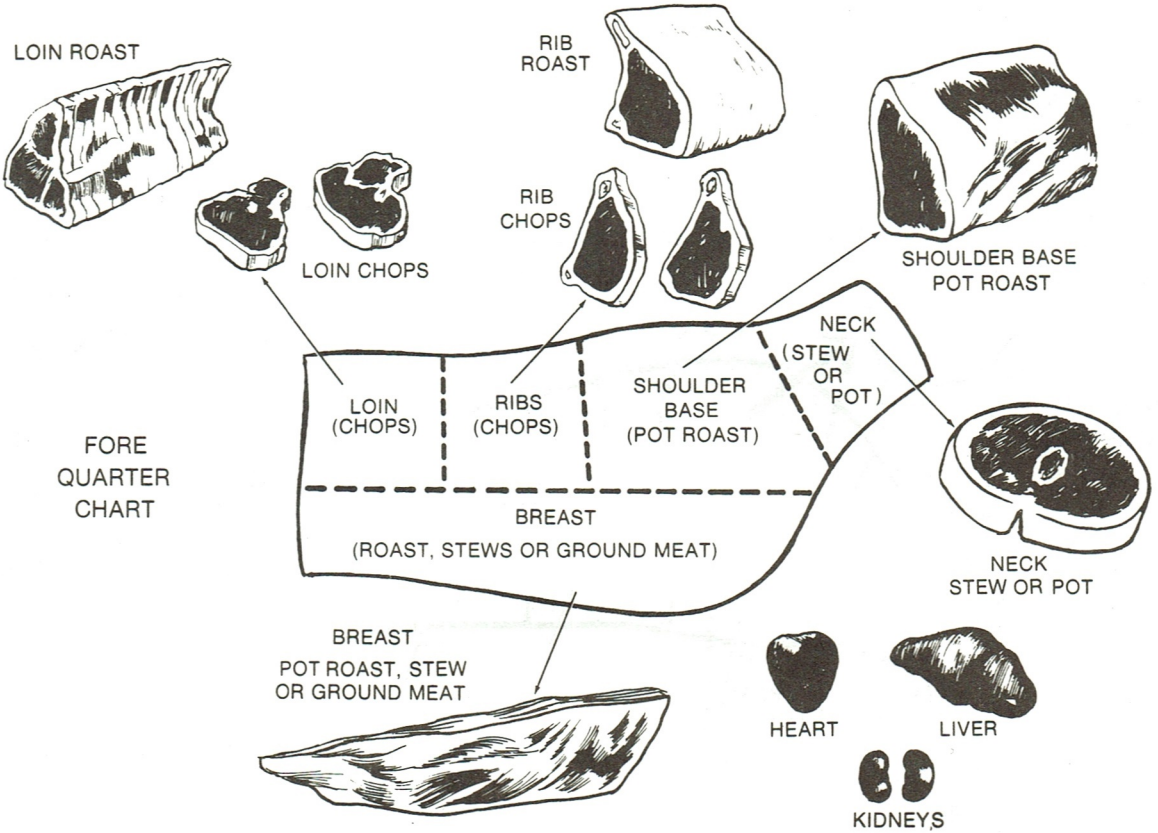
Step 6. Remove the breast (as illustrated on the fore-quarter chart). Breast is good for stew, pot roast and ground meat. Freezer wrap and label.



Remove shoulder—cut in 3 pieces.



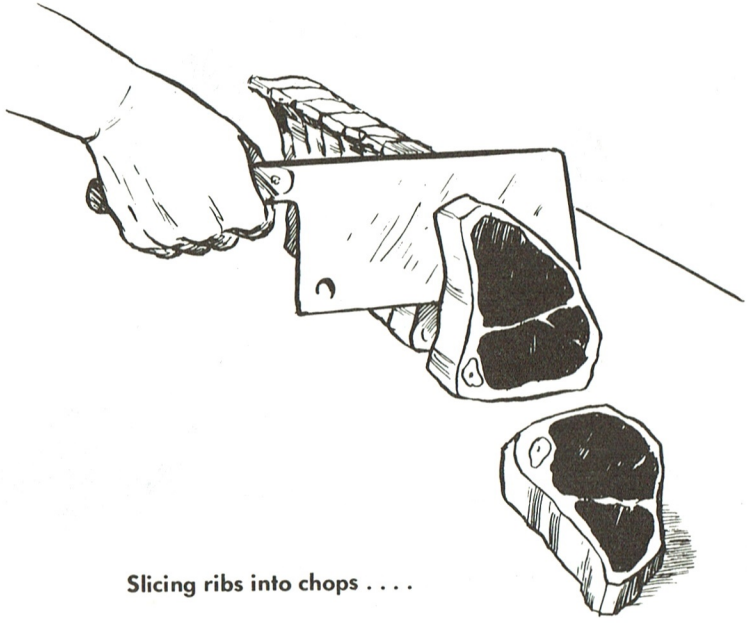
COMPLETE SIDE CHART


LOIN ROAST
RIB ROAST
RIB CHOPS
LOIN CHOPS
SHOULDER BASE POT ROAST
NECK (STEW OR POT)
LOIN (CHOPS)
RIBS (CHOPS)
SHOULDER BASE (POT ROAST)
FORE QUARTER CHART
BREAST (ROAST, STEWS OR GROUND MEAT)
NECK STEW OR POT
BREAST POT ROAST, STEW OR GROUND MEAT
HEART
LIVER
KIDNEYS

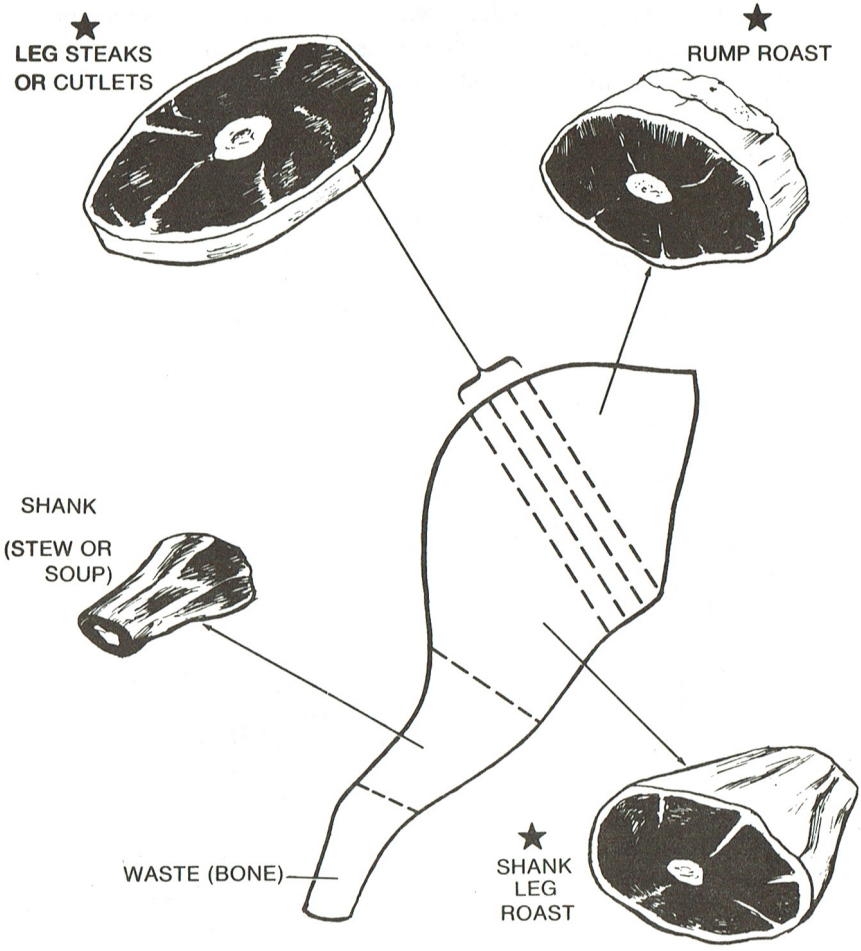
Step 7. Remove the loin chops (as shown on forequarter chart) with knife and cleaver or saw. Cut chops (as illustrated). These may be used as chops, steaks or if kept in one piece and cracked on the bottom, it may be used as a roast.

Step 8. Remove the rib chops (as illustrated on forequarter chart) by using the knife, cleaver and saw. Cut chops (as illustrated). These may be used as chops, steaks or if kept in one piece and cracked on the bottom, it may be used as a roast.

Step 9. Shoulder base (shown on forequarter chart) is removed with saw and cleaver. This will leave the neck fully separated. The shoulder base is used for stew, chopped meat, pot roast and soup meat. Freezer wrap and label.



Slicing ribs into chops . . . .



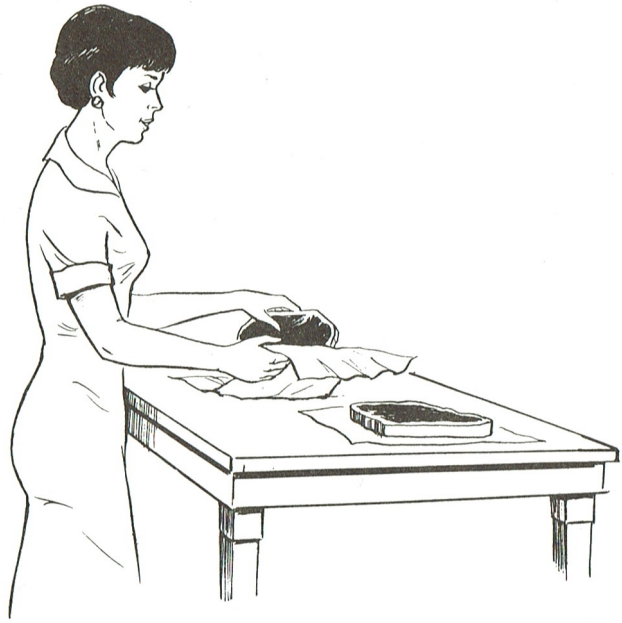
CUTTING UP HIND LEG

Step 10. The neck can be cut for stew, soups or boned for chopped meat. Freezer wrap and label.

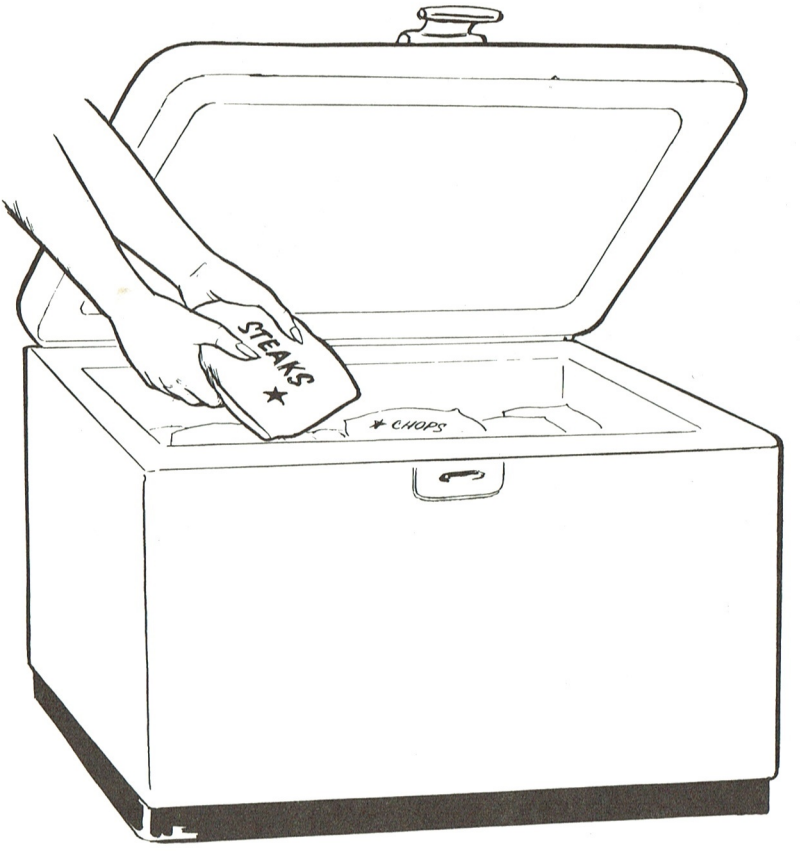
Step 11. Heart, liver and kidneys are freezer wrapped and labeled.

The above steps have been for one side of the animal. Repeat exact steps for the other side. If there is any portion of the deer meat that is too damaged with hemmorhage (bleeding), sliminess or foul odor, throw away at once. If the deer has been field-dressed well and directions followed carefully, there is no reason for any foul odor.

All the above venison should be double wrapped in freezer paper and labeled. Leg steaks, leg roasts, rump roasts, loin chops, rib roasts and cutlets should be marked with a star on each package. The reason for this is, that these are better cuts. Venison can be stored in freezer for one year.



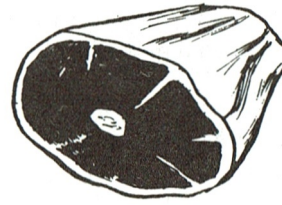
Mother takes over—wraps the venison and labels packages.



The last step—storing in freezer.

There is a possibility (but quite rare) that you may have killed a diseased deer. While skinning, if a yellowish or greenish area of pus is noticed or while field-dressing the deer the liver is seen to be spotted, this deer should be checked by food experts or by an experienced butcher/hunter who cuts deer often.

As easy as these steps may be, I am sure your local butcher can do a better job for a reasonable price.



KNOWLEDGE BEFORE COOKING

The white-tailed deer is one of the most hunted animals across our land. It is also one of the most useful, as every part of the animal can be eaten. Indians lived on venison for many years and there are parts of the country, where residents and farmers still live on it. Venison, when handled properly, is delicious. It is also a very expensive item. In the Wild Game Market, in New York, some cuts of venison sell for as high as five dollars per pound. In some cases, if the hunter stopped to consider how much his last trip had cost him to get his deer, including the expense of his gun and other equipment, it might have cost him over five dollars a pound. So, considering the price of food today and the expense your trip has cost you, your family should really give venison a fair try.

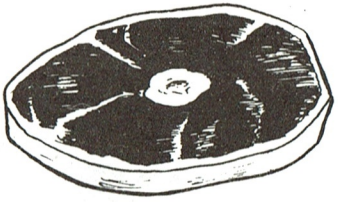
Venison is not gamey. However, the inexperienced hunter can make it so. The field dressing of your deer, as I have said before, is the important thing. If the hunter fails to remove all the intestines or doesn't open up the vent properly, thus leaving blood to remain in the deer, this alone is enough to make the animal smell gamey. If the temperature should rise to over fifty degrees, the foul odor (which some people mistake for gaminess) will worsen. By the time this hunter gets home and has his deer cut up into steaks and chops, this smell has already embedded itself into the meat. That is why so many people feel that venison is gamey. In my experience ninety five per cent of the deer killed by hunters are handled improperly, someplace along the line.

I have cut up over five thousand deer for successful hunters and feel that I am in a position to judge this. That is one reason why I felt the need to write this book.

In my career as a hunter and meat expert, I have heard thousands of stories on how to prepare venison. I have interviewed famous cooks, talked to experienced guides and have read many cook books pertaining to venison. I feel that these people have been misinformed. There are venison recipes, but no one ever determines, as I do, was it a buck (a male deer), a doe (female) or a fawn (baby), was it young or old? How can you confidently follow a recipe, when in most cases you are going to be misled. I can assure you, as a butcher, that a young doe six months old will not eat like a twelve year old buck that has been roaming the hills. So now you know, that venison must be divided into categories.

The majority of deer killed are under three years of age. The average deer killed dresses out at less than one hundred pounds of eatable meat. My recipes which are all originals, and never printed before, have been written for both bucks and does under three years of age. As previously stated, the age of your deer can be determined by its teeth. If your deer is older, more cooking time should be allowed. If your deer is a fawn under six months old, you can follow any preparation for baby lamb. In my recipes, which are to follow, I have a recipe for every part of the animal. To my knowledge, this has never been done before. These recipes have been tried by experienced cooks and hundreds of fellow hunters, whom I have had the pleasure of hunting with annually. They are different, tasty and delicious. The scale of weights I used can be found on page 131 of this book. I also suggest there, what vegetables go well with venison. Remember, all venison should be soaked or washed in salt water for cleanliness prior to cooking. This removes the blood, hair and dirt from the meat.

RECIPE #1

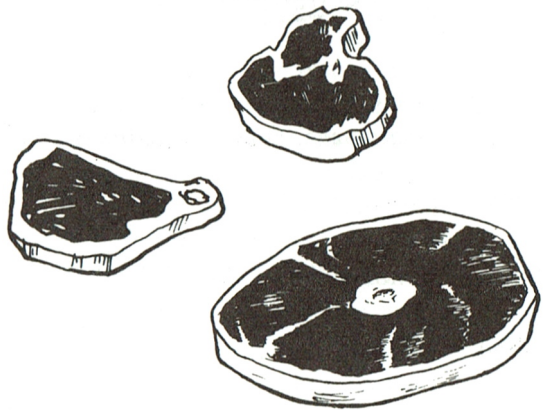


BREADED VENISON STEAKS, CHOPS, OR CUTLETS
(use steaks, chops, or cutlets)

Ingredients	For 6-8 Servings
Venison with bone	5 lbs.
or	
Boneless venison	3 1/2 lbs.
Flour, sifted	1/2 lb.
Salt	to taste
Pepper	to taste
Milk, evaporated	4 ounces
Water for milk	3 ounces
Eggs, beaten	2 eggs
Bread or cracker crumbs	4 ounces
Fat	4 ounces

Step 1. Cut your venison marked steaks, chops or cutlets 1/2 inch thick, weighing 3 to 4 ounces each.
2. Mix flour, salt and pepper: Roll venison in flour mixture.
3. Mix milk and water, add beaten eggs. Mix well.
4. Dip floured meat into milk and egg mixture. Dip into crumbs.
5. Cook until brown in a small amount of fat. Stack in baking pans. Cover tightly. Bake in slow oven 325 degrees F. for 45 minutes.

Note— Venison above may also be fried.
Fry until tender in shallow fat, turning frequently to insure even cooking. They may also be fried in deep fat 350 degrees F. approximately 7 to 10 minutes or until done.

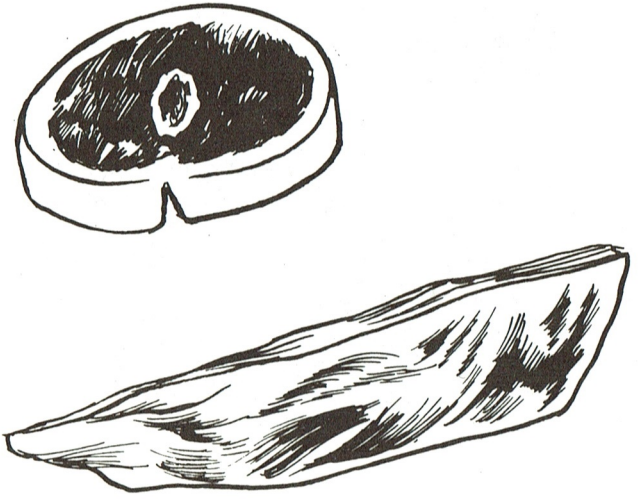


BROILED OR GRIDDLE VENISON STEAKS OR CHOPS
(use steaks, chops, or cutlets)

Ingredients	For 6-8 Servings
Venison with bone	5 lb.
or	
Boneless venison	3 1/2 lb.
Salt	as desired
Pepper	as desired
Fat	as desired

Step 1. Have your venison steaks or chops cut 3/4 inch thick. This is excellent for this recipe.
2. Broil steaks or chops or griddle until brown, turning frequently to insure even cooking.
3. Cook to desired degree. Do not overcook.
4. Sprinkle with salt and pepper just before serving.
5. If meat lacks fat, grease griddle slightly.

RECIPE #3

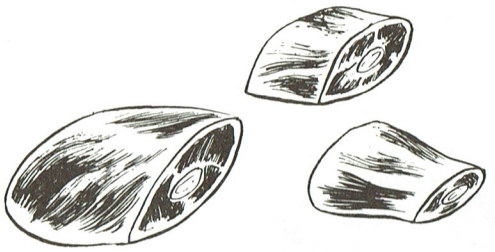


VENISON PATTIES GRIDDLE OR BROILED
(use neck, shoulder, breast, shank, or legs boneless)

Ingredients	For 6-8 people
Venison, ground	3 1/2 lb.
Bread crumbs, soft	1/4 lb.
Salt	as desired
Pepper	as desired
Water	5 oz.
Milk	3 oz.
Onions, chopped fine	1/4 lb.

Step 1. Mix all ingredients together lightly but thoroughly.
2. Shape into patties 1 in. thick, weighing 3 to 4 oz. each.
3. Grill or broil about 12 minutes or until cooked as desired, turning frequently to insure even cooking.
4. Serve at once, very hot.

RECIPE #4



VENISON ITALIAN SAUSAGE WITH PORK
(use neck, shank, shoulders, legs, boneless)

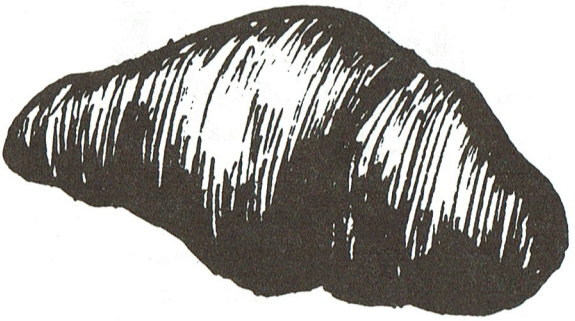
Ingredients	For 12 people
Venison	3 lb.
Pork butt	3 lb.
Salt	2 oz.
Pepper	as desired
Fennel seeds	1 teaspoon
Hog casings	4 approximately 36 in. long
Water	as directed
Wine sherry	as directed

Step 1. Grind venison and pork together in home grinder. Use large plate in grinder so it comes out approximately 1/4 by 1/4. If you don't have a grinder, this meat can be cut by hand the same way.

2. Mix salt and pepper and fennel seeds to venison and pork mixture.
3. Add wine or water to mixture a little at a time to moisten. Mix vigorously. When mixture is moist, stuff into hog casings.
4. Hog casings should be washed in water inside and out. The casing can be slipped over a small home funnel, while you push the ingredients through. Sausage should be about 4 in. long. Then tie with a string. This can be frozen too.
5. Fry sausage for about 15 minutes or until done. Can be used in sauce too.

Note— Hog casings can be purchased in any meat store.

RECIPE #5

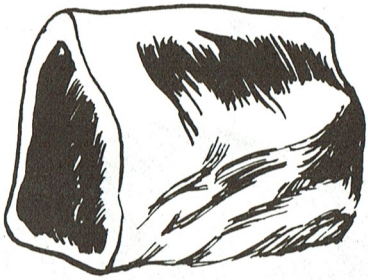


BRAISED VENISON LIVER

Ingredients	For 6-8 Servings
Deer liver	from your deer average 3 lb.
Flour	1/4 lb.
Salt	as desired
Pepper	as desired
Fat, bacon	1/2 lb.
Water or stock	hot

Step 1. Sliced liver about 3/8 in. thick. Each piece should weigh 4 to 5 oz.

2. Mix flour, salt and pepper together. Roll liver in mixture.
3. Cook in bacon fat until brown.
4. Add enough water or stock to cover bottom of pan. Cover tightly and cook slowly about 20 minutes, or until tender on top of stove.
5. Chopped onions can be cooked with this if desired.

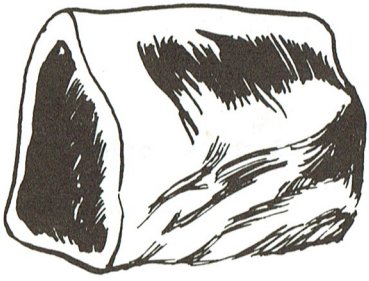


SPICED VENISON POT ROAST
(use shoulders, breast or legs)

Ingredients	For 6-8 Servings
Venison, desired cut	5 lb.
Fat	1 oz.
Salt	as desired
Pepper	as desired
Onions, chopped	1/2 lb.
Vinegar	2 tablespoons
Sour milk or buttermilk	1/2 pint
Water	1/2 pint
Cinnamon sticks	2 sticks

Step 1. Put meat in pan and cook until brown in its own fat or in fat added.
2. Add salt, pepper, onions, vinegar, sour milk, water and cinnamon sticks.
3. Cover tightly and heat to boiling point. Reduce heat and simmer on top of stove or in slow oven 300 degrees F. for 2 hours or until meat is tender, turning meat 2 or 3 times while cooking. Add small amounts of liquid as needed.
4. Remove from pans. Slice in thin slices across grain of meat.

RECIPE #7

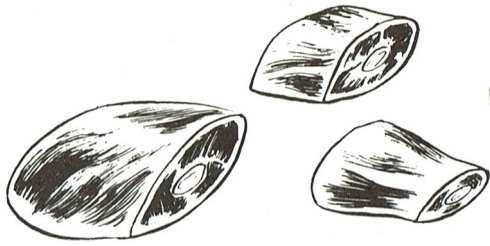


VENISON GOULASH
(use breast, shoulders, neck, shanks, and legs)

Ingredients	For 6-8 Servings
Venison with bone	5 lb.
Boneless venison	3 1/2 lb.
Onions	1/2 lb.
Bacon fat or beef fat	1/4 lb.
Garlic, ground	2 pieces
Marjoram, powdered	1/4 teaspoon
Salt	as desired
Paprika	1/4 teaspoon
Flour, sifted	1 oz.
Water for flour	as directed
Tomatoes	1 small can

Step 1. Cut meat into 1 in. cubes.

2. Cook onions in fat until light brown. Add cubed meat and cook until brown. Add boiling water to cover.
3. Add garlic, marjoram, salt and enough paprika to color red.
4. Add tomatoes. Cover tightly and heat to boiling point. Reduce heat and simmer about 1 1/2 hours or until meat is tender. Add more liquid if necessary. Drain off surplus liquid.
5. Mix flour in a small amount of water until smooth. Add this to the liquid. Bring to boiling point and hold for about 2 minutes, stirring constantly.
6. Combine gravy and meat. Heat to serving temperature and serve.



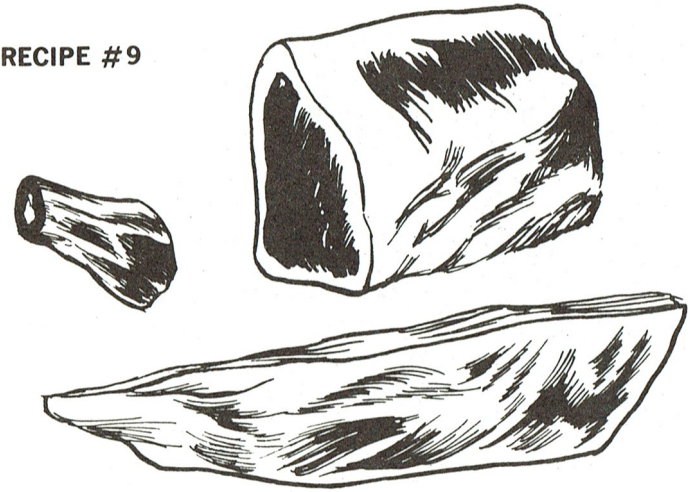
RECIPE #8

VENISON STEW
(use neck, shoulders, breast, shanks, or legs)

Ingredients	For 6-8 Servings
Boneless venison	3 1/2 lb.
Venison with bone	5 lb.
Flour	2 oz.
Salt	as desired
Pepper	as desired
Fat	1/4 lb.
Water	1 pint
Onions, small	1/2 lb.
Carrots, sliced	1/2 lb.
Turnips, sliced	1/2 lb.
Celery, diced	1/2 lb.
Peas, green	1/2 small can
Flour, for gravy	1 tablespoon
Water for gravy	as needed
Salt	as desired
Pepper	as desired
Tomatoes	small can

Step 1. Cut meat into 1 in. cubes.
2. Mix flour, salt and pepper together. Roll meat in flour and braise in fat until brown.
3. Add water, cover and heat to boiling point. Reduce heat and simmer about 2 hours or until tender. Add vegetables in the following order allowing required time for cooking; onions and carrots 1/2 hour; turnips and celery 20 minutes. Drain reserve liquid.
4. Mix flour and water, stirring until smooth. Add to hot meat and vegetables. Heat to boiling point, boil 2 minutes stirring constantly.
5. Pour gravy over meat and vegetables. Reheat and garnish with peas.
6. Add salt and pepper and tomatoes.

RECIPE #9



SPICED BONELESS STEW
(use neck, shoulders, shank, breast or legs)

Ingredients	For 6-8 Servings
Venison boneless	3 1/2 lb.
Flour, sifted	2 oz.
Salt	to taste
Pepper	to taste
Fat	1/4 lb.
Water	as directed
Vinegar	1/4 pint
Brown sugar	2 oz.
Cinnamon	2 teaspoons
Bay leaves	4
Onions, sliced	1/2 lb.

Step 1. Cut meat into 1 1/4 in. cubes.
2. Mix flour, salt and pepper together. Roll meat in flour and braise in fat until brown.
3. Add water, cover and heat to boiling point. Reduce heat and simmer 1 1/2 hours until tender.
4. Mix flour and water, stir until smooth. Add vinegar, brown sugar, cinnamon, bay leaves, onions. Combine all ingredients.
5. Pour gravy over meat. Add salt and pepper. Reheat and serve.

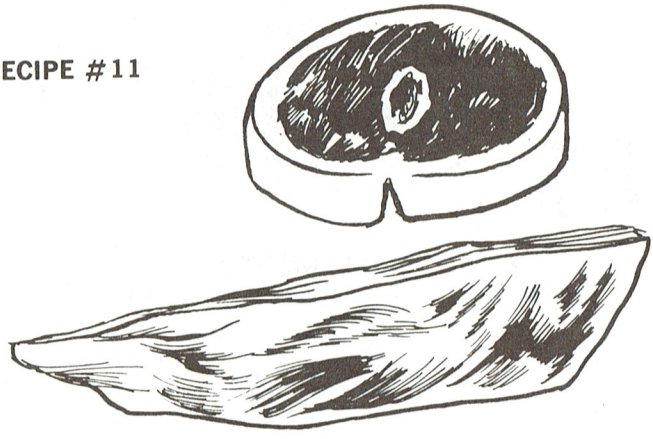
RECIPE #10

VENISON RAGOUT
(use shoulders, neck, shanks, breast or legs)

Ingredients	For 6-8 Servings
Venison with bone	5 lb.
Boneless venison	3 1/2 lb.
Flour, sifted	2 oz.
Salt	to taste
Pepper	to taste
Fat	1/4 lb.
Water	as needed
Chopped green peppers	1/4 lb.
Worcestershire sauce	1/2 teaspoon
Bay leaves	4
Parsley	sprinkled
Tomatoes	1 can #303
Paprika	sprinkled
Onions	1/2

Step 1. Cut meat in 1 in. cubes.
2. Mix flour, salt and pepper together. Roll meat in flour and braise in fat until brown.
3. Add water, cover and heat to boiling point. Reduce heat and simmer 1 1/2 hours or until tender.
4. Add green peppers after 1 hour.
5. Mix flour and water and stir until smooth. Add Worcestershire sauce, bay leaves, parsley and paprika. Heat to boiling point and boil for 2 minutes, stirring constantly.
6. Pour gravy over meat and reheat.
7. Add salt and pepper, tomatoes.
8. Mix together and simmer for 15 minutes.

RECIPE #11



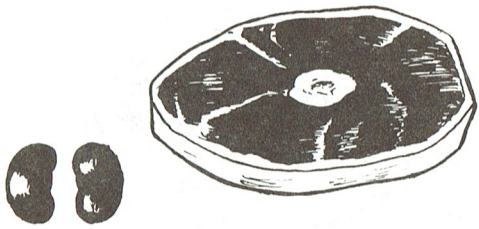
VENISON LOAF

(use boneless neck, shoulders, breast, shank, legs or any boneless meat)

Ingredients	For 6-8 Servings
Venison, ground	3 lb.
Onions, finely chopped	1/4 lb.
Celery, finely chopped	1/4 lb.
Garlic, finely chopped	1/8 clove
Bread crumbs, soft	1/4 lb.
Corn flakes	2 oz.
Salt	to taste
Pepper	to taste
Eggs	4
Meat stock	1/2 cup
Bacon fat	as directed

Step 1. Grind venison in home 'chopper.'
2. Combine meat, onions, celery, and garlic.
3. Add bread crumbs, salt, pepper, slightly beaten eggs, corn flakes and stock. Mix well.
4. Mold into loaves 4 in. wide by 3 in. high. Place in baking pans. Brush tops of loaves with bacon fat.
5. Bake uncovered and without water at constant temperature in moderate oven 325 degrees F. for 1 1/2 hours or until cooked as desired. Avoid overcooking.

Note— Meat stock can be made from bouillon cubes.



RECIPE #12

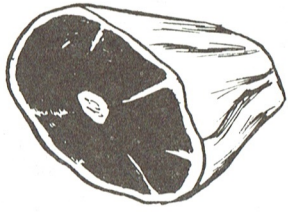
KIDNEY AND VENISON PIE
(use kidneys, legs, shoulders or steaks)

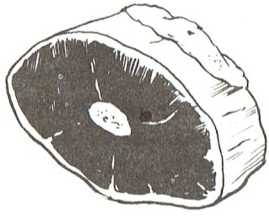
Ingredients	For 6-8 Servings
Kidneys	2 from your deer
Water	as directed
Boneless venison	3 lb.
Salt	to taste
Pepper	to taste
Flour, sifted	2 oz.
Fat	2 oz.
Water	1 pint
Biscuit dough	as directed

Step 1. Clean kidneys, slice into small pieces and wash under cold water. Place in container and cover with cold water. Add 1 teaspoon salt and 1 tablespoon vinegar. Soak for 20 minutes. Repeat soaking procedure. Then drain and wash. Cover with water in a tightly covered pot. Heat to boiling point, reduce heat and simmer about 45 minutes or until tender. Drain.

2. Mix salt, pepper and 1/2 flour together.
3. Cut venison into 1/2 cubes. Roll in flour mixture. Cook in fat until brown.
4. Add water, braise in slow oven 300 degrees F. for 1 to 1 1/2 hours or until tender. Drain.
5. Mix remaining flour and small amount of cold water. Stir until smooth; add slowly to hot venison liquid. Heat to boiling point, boil 2 minutes, stirring constantly.
6. Combine kidneys, venison and gravy. Place in baking pan.
7. Use any biscuit dough, cover meat mixture with dough.
8. Bake in hot oven 425 degrees F. until brown.

RECIPE #13





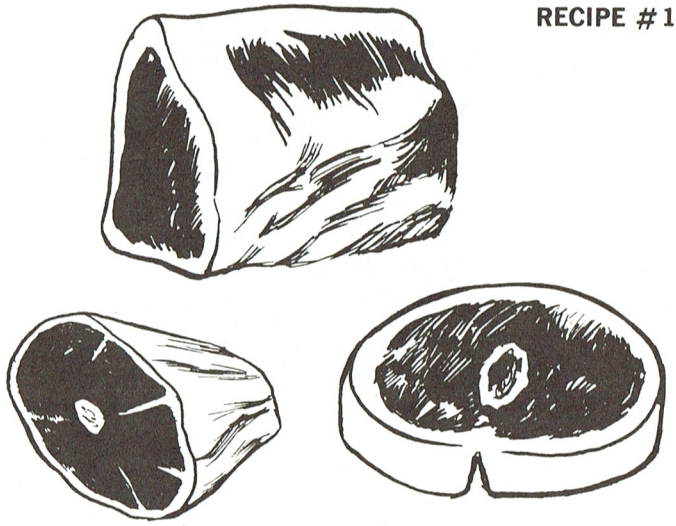
VENISON LEG ROAST
(use leg or rump roast only)

Ingredients	For 6-8 Servings
Venison with bone	6 lb.
Venison, boneless	4 lb.
Salt	to taste
Pepper	to taste
Garlic	2 small pieces

Step 1. Rub meat all around with salt and pepper. Stab knife hole 4 or 5 places in venison roast and insert pieces of garlic. Bake with fat side up.

2. Roast uncovered at constant temperature in moderate oven 325 degrees F., approximately 2 hours. Turn frequently.
3. Carve thin slices across the grain and serve immediately.

RECIPE #14

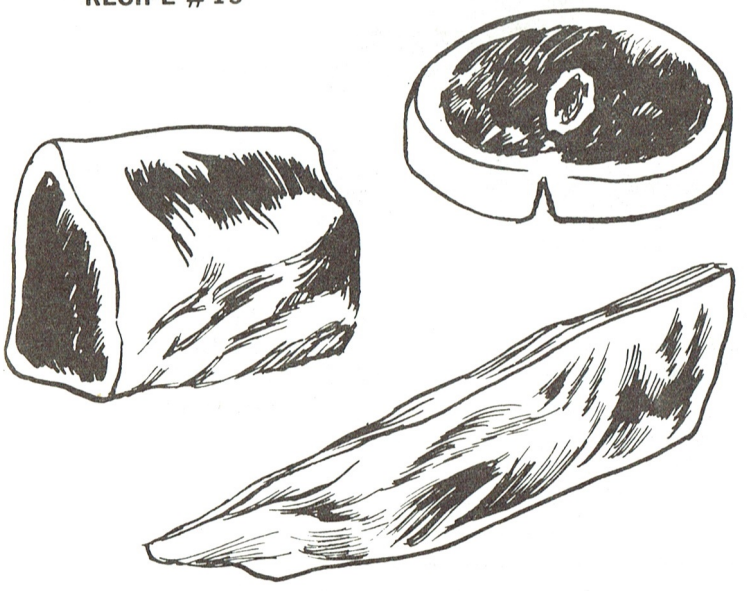


BARBECUED VENISON HAMBURGERS
(use boneless shoulder, neck, shank or legs)

Ingredients	For 6-8 Servings
Season Bread Crumbs	4 oz.
Venison, chopped	3 lb.
Eggs	2
Onions, chopped	3 small ones
Catsup	3 tablespoons
Worcestershire sauce	1/2 teaspoon
Mustard	1 teaspoon
Salt	to taste
Pepper	to taste

Step 1. Combine bread crumbs, venison, beaten eggs, chopped onions, catsup, salt and pepper.
2. Shape into patties about 1/2 inch thick.
3. Combine Worcestershire sauce, and mustard and brush on patties.
4. Bake in moderate oven 350 degrees F. for 20 minutes. Top with slices of American cheese and continue baking until cheese bubbles or is slightly brown. About 10 minutes.
5. Onion may be used instead of cheese.

RECIPE #15



VENISON MEAT BALLS WITH PORK

(use boneless neck, shoulder, breast, shank or legs)

Ingredients	For 6-8 Servings
Boneless venison	2 lb.
Fresh pork butt	2 lb.
Bread crumbs	1/2 lb.
Eggs	2
Onions, chopped	1/2 lb.
Salt	1 tablespoon
Pepper	to taste
Water	1/4 cup

Step 1. Cut venison and pork in small pieces, grind in home grinder.

2. Sautee onions until tender but not brown.
3. Mix all ingredients together, thoroughly.
4. Shape into 2 oz. meatballs. (Eight meatballs to a lb.)
5. Place in greased baking pan, cook in hot oven 400 degrees F. until brown on all sides.
6. Drop in spaghetti sauce and cook about 20 minutes. Serve hot.

RECIPE #16

VENISON CURRY

(use boneless neck, shoulders, shank, rumps, or legs)

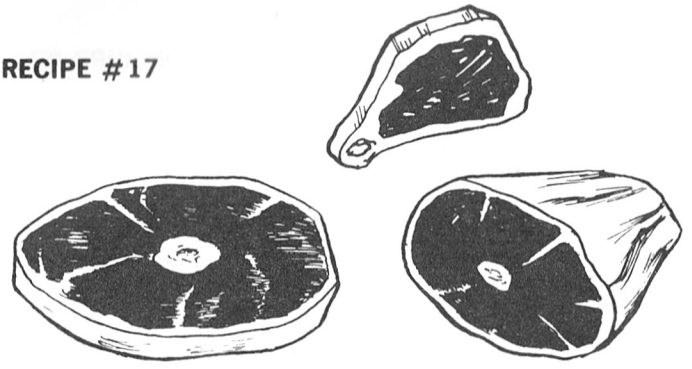
Ingredients	For 6-8 Servings
Rice, uncooked	1/2 lb.
Salt	1 teaspoon
Water, boiling	1 1/2 qt.
Flour, sifted	3 oz.
Fat	1/2 pint
Milk, evaporated	1 can 14 1/2 oz.
Water (for milk)	1/2 pint
Salt	1 tablespoon
Pepper, red	to taste
Curry powder	1 tablespoon
Cinnamon	1/4 teaspoon
Nutmeg	pinch
Cloves, ground	1/8 teaspoon
Allspice	1/8 teaspoon
Onions, chopped	1/4 lb.
Apples, sliced	1/2 lb.
Venison, diced	4 lb.

Step 1. Cook venison in fat until half done, turning frequently. Remove from heat.

2. Wash rice thoroughly. Add to rapid boiling salt water. Boil 15 to 20 minutes or until tender. Drain well. This can be done at the same time you begin to cook your venison.
3. Mix flour and half of the melted fat; stir until smooth.
4. Mix milk and water; heat. Add to flour mixture. Heat to boiling point; boil 3 minutes, stirring constantly.
5. Mix remaining fat, salt, pepper, curry powder, cinnamon, cloves, nutmeg, and allspice together.
6. Add onions, apples, and meat. Cover and heat to boiling point; reduce heat and simmer slowly for 30 minutes. Add to hot white sauce (flour mixture).
7. Reheat rice, by serving curried venison over rice.

Note— Rice may be started later in preparation if desired to be served hot.

RECIPE #17

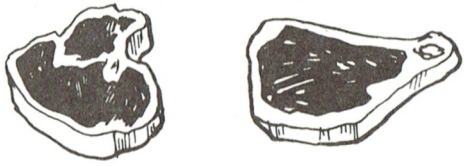


DICED VENISON IN GRAVY
(use steaks, chops, cutlets or legs boneless)

Ingredients	For 6-8 Servings
Venison, diced boneless	3 1/2 lb.
Onions, chopped	1/4 lb.
Bacon fat	1/4 lb.
Flour, sifted	2 oz.
Bouillon stock, hot	1 qt.
Salt	1 teaspoon
Milk, evaporated	1 can 14 1/2 oz.
Water (for milk)	1 pint
Pepper	to taste
Bread, toasted	2 slices per serving

Step 1. Brown diced venison in bacon fat until tender. Do not overcook. Venison should be diced in small pieces (1/4 in. pieces). This can be done before or after cooking. Remove from heat.

2. Make bouillon stock by using cubes and water. Heat to boiling point, stirring constantly.
3. Cook onions slowly in fat until tender. Add flour and mix well.
4. Add bouillon stock gradually. Heat to boiling point, stirring constantly.
5. Mix milk and water. Add milk, salt, and pepper to hot onion mixture. Heat to boiling point. Boil about 3 minutes, stirring constantly. Remove from heat.
6. Add cooked venison; reheat to serving temperature.
7. Serve over toast.



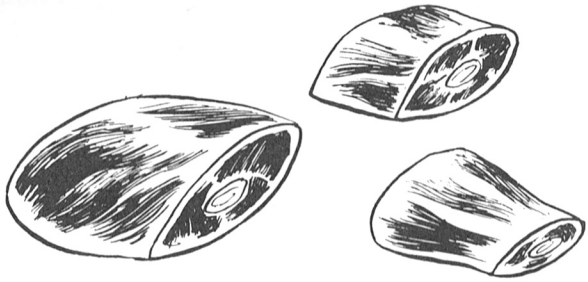
VENISON CHOPS CASSEROLE
(use rib or loin chops or leg cutlets)

Venison chops	5 lb.
Rice	1/2 lb.
Green peppers, chopped	1/2 lb.
Onions, diced	1/4 lb.
Salt	1/2 oz.
Pepper	1/2 teaspoon
Tomatoes	1 can #2
Water	as needed
Fat	as needed

Step 1. Brown venison chops in fat, turning frequently.
2. Remove chops from pan and add cooked rice, and brown slightly.
3. Combine browned rice with green peppers, onions, and seasonings.
4. Add tomatoes.
5. Place browned venison chops on top of rice mixture and cover. Cook in moderate oven 350 degrees F. for 1 hour to 1 1/2 hours, checking frequently. As rice absorbs the liquid, add more water.

Note— In this recipe rice should be cooked in advance.

RECIPE #19



VENISON SAUERBRATEN
(use boneless shoulders or legs)

Ingredients	For 6-8 Servings
Venison, boneless	4 lb.
Vinegar	6 oz.
Water	3/4 cup
Onions, sliced	1/2 lb.
Bay leaves	3
Whole cloves	4
Salt	3 teaspoons
Pepper	to taste
Fat	1/4 lb.
Pickling spices	2 tablespoons
Flour	2 oz.

Step 1. Place venison in bowl, combine vinegar, enough water to cover meat, bay leaves, cloves, salt, and pepper, onions, and pickling spices; blend.
2. Let stand 24 hours before cooking.
3. Melt fat in heavy fry pan or dutch oven. Add meat and brown thoroughly on all sides.
4. Add brine in which venison was soaking. Brine should cover 1/4 of venison.
5. Cover; simmer over low heat for 3 hours or until meat is tender.
6. Remove meat, strain juices in pan. Gravy can be made by combining flour, juices, salt and pepper. Reheat, stirring constantly.
7. Venison should be sliced thin and served with hot gravy over it.

RECIPE #20

STUFFED AND BRAISED VENISON HEART
(use heart from your deer)

Ingredients — For 2-3 Servings

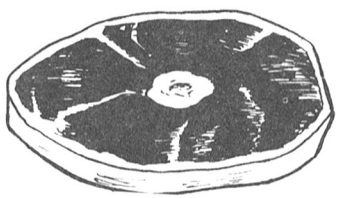
Deer heart ..... from your deer
Salt ..... to taste
Pepper ..... to taste
Onions, diced ..... as needed
Celery, diced ..... as needed
Fat ..... as needed
Bread crumbs ..... 2 tablespoons
Poultry seasoning .....pinch
Parsley, chopped ..... pinch
Eggs, beaten 2
Bouillon, hot ..... as directed

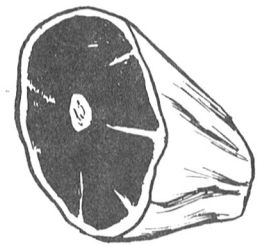
Step 1. Slice heart down center, but not in half. Wash heart in warm water and remove arteries and veins. Wash again, drain and sprinkle with salt and pepper.
2. Cook onions and celery in fat until brown. Add bread crumbs, sprinkle salt and pepper, poultry seasoning and parsley. Remove from heat.
3. Add beaten eggs and a little bouillon stock to moisten; mix lightly.
4. Fill heart with hot stuffing. Tie or secure with toothpicks.
5. Place heart in a pot that can be covered tightly. Add fat and cook until brown.
6. Add small amount of bouillon stock, cover and braise in slow oven 325 degrees F. for 2 hours or until tender. Add more bouillon during cooking if necessary.
7. Remove heart; slice into slices across the heart so stuffing will be in center of heart.

Note— Brown gravy can be served with this recipe.

In this recipe your judgment must be used since we cannot determine the size of the heart. Deer hearts vary with the size of each animal. The amount of stuffing you make depends on the size of the heart.

RECIPE #21





VENISON CUTLETS ITALIAN STYLE
(use boneless legs or leg steaks)

Ingredients	For 6-8 Servings
Venison, sliced thin	3 lb.
Fat, shortening or oil	1/2 lb.
Pepper	to taste
Salt	to taste
Eggs, beaten	3
Bread crumbs, seasoned	1/2 lb.
Italian cheese, grated	1/2 oz.

Step 1. Slice meat to portion size, thin as possible, (as you would buy Italian veal cutlets)
2. Put shortening or oil in fry pan and heat.
3. Add salt and pepper to beaten eggs in dish.
4. Mix cheese and seasoned bread crumbs together in separate dish.
5. Dip venison in egg batter, roll in bread crumb mixture. Place in hot shortening or oil, turning frequently.
6. Remove venison when tender, approximately 20 to to 30 minutes. Serve hot.

SCALE OF WEIGHTS AND MEASURES IN REFERENCE TO RECIPES

SIMPLIFIED MEASUREMENTS

2 ounces = 1/8 lb.
4 ounces = 1/4 lb.
6 ounces = 3/8 lb.
8 ounces = 1/2 lb.
10 ounces = 5/8 lb.
12 ounces = 3/4 lb.
14 ounces = 7/8 lb.
16 ounces = 1 lb.
8 tablespoons = 1/2 cup

3 teaspoons = 1 tablespoon
16 tablespoons = 1 cup
1 cup = 1/2 pint
2 cup = 1 pint
2 pints (4 cups) = 1 quart
4 quarts = 1 gallon
4 tablespoons = 1/4 cup
5 1/3 tablespoons = 1/3 cup
12 tablespoons = 2/3 cup

The above scale of weights and measures should help to make the recipes in this book easier for you to understand. These recipes have been written for six to eight people. In the event that it is too much for your family, the recipes can be altered by cutting the ingredients in half; this will then make the recipes to serve three to four people.

Any vegetable such as mashed potatoes, French fries, peas and carrots, corn, asparagus and broccoli can be served with venison. If desired, wild plum jelly can be used with venison, while mint jelly goes well on young does and fawn.

I hope that you and your family will enjoy venison as much as I have enjoyed writing this book. If there are any questions about hunting or venison or any part of this book, I will be glad to answer your questions by mail. Just write to me—Joe De Falco, Box 37, Franklin Square, New York 11010.

It is my sincerest wish, that after reading this book you have learned something about field dressing, butchering and cooking deer.

GOOD LUCK AND GOOD HUNTING

Joe De Falco, of Franklin Square, New York, is a professional meat expert specializing in deer cutting and handling. He has butchered over 5,700 deer for successful hunters, and is widely regarded as a leading authority on the subject.